Mini One-Day Regional Program

2013 Website Program Description

Prerequisites: None

Have you ever heard that saying, 'the journey of a thousand miles begins with a single step'? Sometimes just taking the first step of picking up the phone or sending an email is the hardest step because we're not sure what to expect.

Come to a FREE mini one-day program to learn more about us and the programs we offer. You'll experience listening to different exercises in our special Controlled Holistic Environment Chambers (CHEC units).

All open houses will be from 10am to 4 pm, it's free and you are invited!

The open house is like a mini program. The schedule is:
- Arrival between 9:30 and 10 am
- Introduction of the Hemi-Sync© technology and exercise
- Exercise in CHEC unit
- Lunch
- Exercise in CHEC unit
- Debrief and close

When you sign up we will send you instructions on how to get here.